

# Health & Well-being: Keeping active

## Take 5 Series

# Health & well-being: Keeping active

## Regular / consistent movement is key

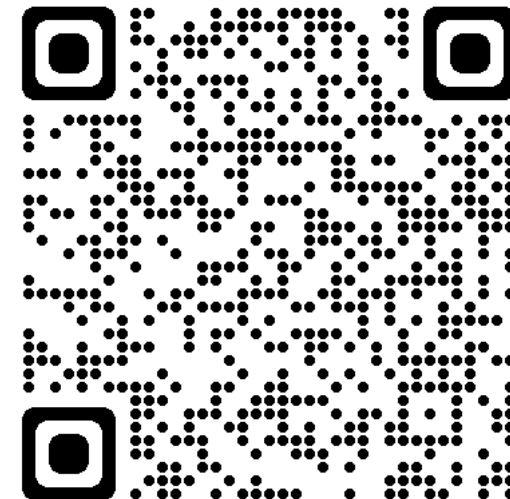
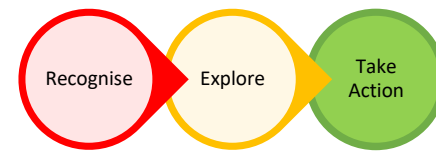
*Regular physical activity is a well-established protective factor in preventing and treating the leading non-communicable diseases (WHO, 2020).*

Keeping active can:

- ▶ Reduce blood pressure and risk of developing coronary heart disease
- ▶ Decrease the risk of obesity and diabetes (Type 2)
- ▶ Increases muscular tone and elasticity (decreases injury risk / fall potential)
- ▶ Improves sleep cycles and quality

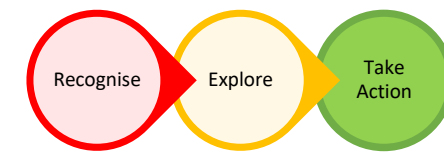
Source: [World Health Organisation](#)

In terms of improving health and increasing productivity, being less static has a huge impact upon our work and our bodies.



Source: [British Heart Foundation](#)

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**WHO** (2020) recommends the following for adults aged between 18-64 should:

- ▶ Partake in 150-300 minutes of moderate intensity OR 75-150 minutes of vigorous intensity activity per week
- ▶ Engage in muscle-strengthening activities involving all muscle groups on 2 or more days per week
- ▶ Limit amount of time being sedentary
- ▶ Strive to do more than the recommended levels as above

## Benefits

Keeping physically active has been shown to:

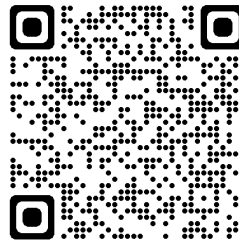
- ▶ Reduce risks related to disease & ageing
- ▶ Decreases likelihood of falls
- ▶ Improves mental health & cognition
- ▶ Improves sleep levels & efficiency

So check out FitZone, your local gym, or get online for ideas:

[Fitzone.gym@TechnipFMC.com](mailto:Fitzone.gym@TechnipFMC.com)



[TechnipFMC Wellbeing POP Page](#)



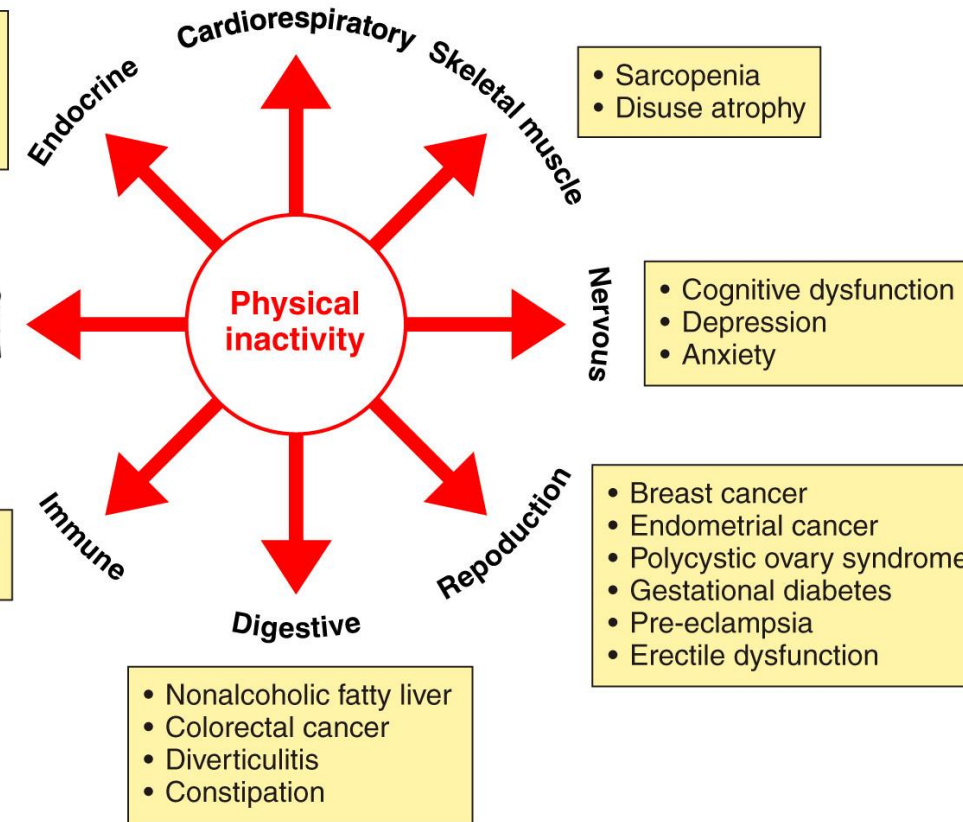
[NHS Fitness Studio](#)

- Heart disease
- Myocardial infarction
- Hypertension
- Stroke
- Hemostasis
- Congestive heart failure
- Endothelial dysfunction
- Atherosclerosis
- Peripheral artery disease
- Deep vein thrombosis

- Insulin resistance
- Metabolic syndrome
- Type 2 diabetes
- Obesity

- Osteoporosis
- Osteoarthritis
- Balance
- Fracture/falls

- Rheumatoid arthritis
- Pain



END